



National Nutrient Database for Standard Reference  
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Statistics Report 35009, Whale, beluga, meat, dried (Alaska Native)

Report Date: July 16, 2017 08:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1 2</sup>	g	22.39	2	--	21.48	23.3	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	07/2007
Energy	kcal	327	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Energy	kJ	1370	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein <sup>1 2</sup>	g	69.86	2	--	66.63	73.1	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	07/2007
Total lipid (fat) <sup>1 2</sup>	g	5.34	2	--	2.3	8.37	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	07/2007
Ash <sup>2</sup>	g	2.69	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a>	mg	22	2	--	16	28	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	07/2007
Iron, Fe <a href="#">1</a> <a href="#">2</a>	mg	72.35	2	--	53	91.7	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	07/2007
Magnesium, Mg <a href="#">2</a>	mg	63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	549	2	--	490	608	1.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">2</a>	mg	800	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na <a href="#">2</a>	mg	220	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn <a href="#">2</a>	mg	7.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu <a href="#">2</a>	mg	0.320	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Manganese, Mn <a href="#">2</a>	mg	0.130	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Selenium, Se <a href="#">2</a>	µg	103.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">2</a>	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Thiamin <a href="#">2</a>	mg	0.039	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin <a href="#">2</a>	mg	0.519	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin <a href="#">2</a>	mg	15.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Pantothenic acid <a href="#">2</a>	mg	1.680	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 <a href="#">2</a>	mg	0.131	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total <a href="#">2</a>	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food <sup>2</sup>	µg	10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Choline, total <sup>2</sup>	mg	131.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine <sup>2</sup>	mg	23.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Vitamin B-12 <sup>2</sup>	µg	7.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Tocopherol, beta <sup>2</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Tocopherol, gamma <sup>2</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta <sup>2</sup>	mg	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin K (phylloquinone) <sup>2</sup>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	1.204	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
8:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
10:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
12:0 <sup>2</sup>	g	0.007	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
14:0 <sup>2</sup>	g	0.246	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:0 <sup>2</sup>	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
16:0 <sup>2</sup>	g	0.698	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:0 <sup>2</sup>	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:0 <sup>2</sup>	g	0.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:0 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	3.345	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
14:1 <sup>2</sup>	g	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
15:1 <sup>2</sup>	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
16:1 undifferentiated <sup>2</sup>	g	1.091	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
17:1 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:1 undifferentiated <sup>2</sup>	g	1.330	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:1 <sup>2</sup>	g	0.638	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:1 undifferentiated <sup>2</sup>	g	0.239	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
24:1 c <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Fatty acids, total polyunsaturated	g	0.319	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
18:2 undifferentiated <sup>2</sup>	g	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
18:3 undifferentiated <sup>2</sup>	g	0.027	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007

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18:4 <sup>2</sup>	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:2 n-6 c,c <sup>2</sup>	g	0.013	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:3 undifferentiated <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:4 undifferentiated <sup>2</sup>	g	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
20:5 n-3 (EPA) <sup>2</sup>	g	0.060	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
21:5 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:4 <sup>2</sup>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) <sup>2</sup>	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
22:6 n-3 (DHA) <sup>2</sup>	g	0.086	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Cholesterol <sup>2</sup>	mg	122	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phytosterols	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
<b>Amino Acids</b>													
Tryptophan <sup>2</sup>	g	0.797	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine <sup>2</sup>	g	2.726	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Isoleucine <sup>2</sup>	g	2.684	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Leucine <sup>2</sup>	g	5.778	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Lysine <sup>2</sup>	g	6.313	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Methionine <sup>2</sup>	g	1.353	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Cystine <sup>2</sup>	g	0.419	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine <sup>2</sup>	g	2.947	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Tyrosine <sup>2</sup>	g	1.887	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Valine <sup>2</sup>	g	2.810	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Arginine <sup>2</sup>	g	3.838	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Histidine <sup>2</sup>	g	2.999	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Alanine <sup>2</sup>	g	4.268	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid <sup>2</sup>	g	5.841	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Glutamic acid <sup>2</sup>	g	9.595	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Glycine <sup>2</sup>	g	4.079	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Proline <sup>2</sup>	g	3.481	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
Serine <sup>2</sup>	g	2.422	--	--	--	--	--	--	--	--	Aggregated data involving combinations of source codes 1 & 12	--	04/2006
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

**Sources of Data**

<sup>1</sup>*Elizabeth Nobmann Nutrient Value of Alaska Native Foods*, 1993

<sup>2</sup>*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k*, 2004 Beltsville MD